Fall 2024 Pre-enrollment Course "Learning How to Learn" Final Assignments

1. "Learning Goal" Assignment

Think of a goal you would like to aim at while at university and design your learning to achieve that goal.

- Building upon what you learned in "Learning How to Learn," envision your future and set a learning goal for your undergraduate studies at Sophia.
- Is there anything particular you would like to accomplish? Any subject you are interested in, languages or skills you want to acquire, or an issue you want to explore? Be imaginative, but also think about the necessary steps and experience to achieve your goal.

Follow the procedures on pp.2-4 to submit your "Learning Goal" and at least three "Steps" toward that goal.

Your "Learning Goal" must be written within 1,000 letters (including spaces).

2. Essay Assignment

Topic: After learning about Sophia's Educational Philosophy, how did you perceive the meaning of the phrase "For Others, With Others" as its expression?

Length: Approximately 200 words (maximum 1,000 letters)

Submission Period (for both assignments)

From September 21 to 24, 2024 (*Due on September 24 at 11:59 pm, JST)

Note

The final assignments require you to reflect on "Learning How to Learn" and think about your own learning experiences during and after your time at Sophia and how you relate yourself with "others." Please refrain from using generative AI tools; instead, express your original thoughts in your own words.

The essay assignment will be the discussion material in one of the compulsory courses, "Studies in Christian Humanism: For Others, With Others."

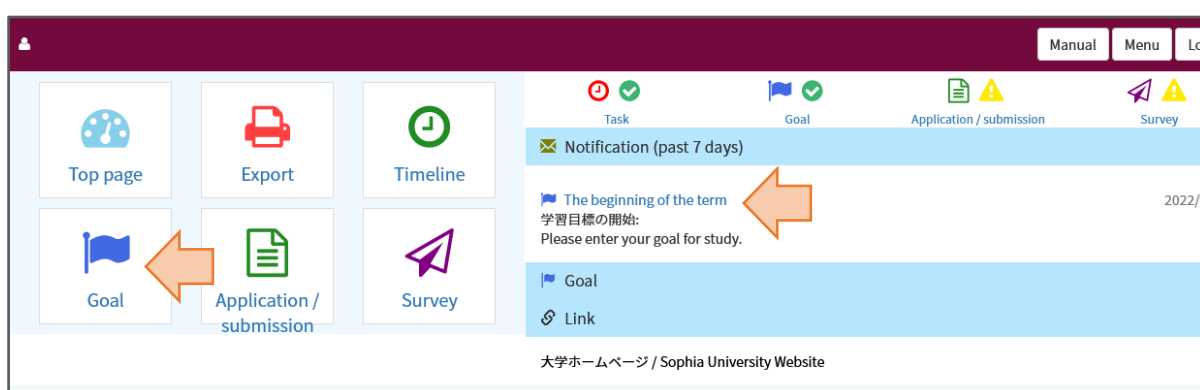## How to Submit the Assignments

1. Prepare your learning goal and essay using a word processing software, such as Microsoft Word.

   Note: keep the text document for the essay assignment even after submitting it since it will be used in the compulsory course, "Studies in Christian Humanism: For Others, With Others."
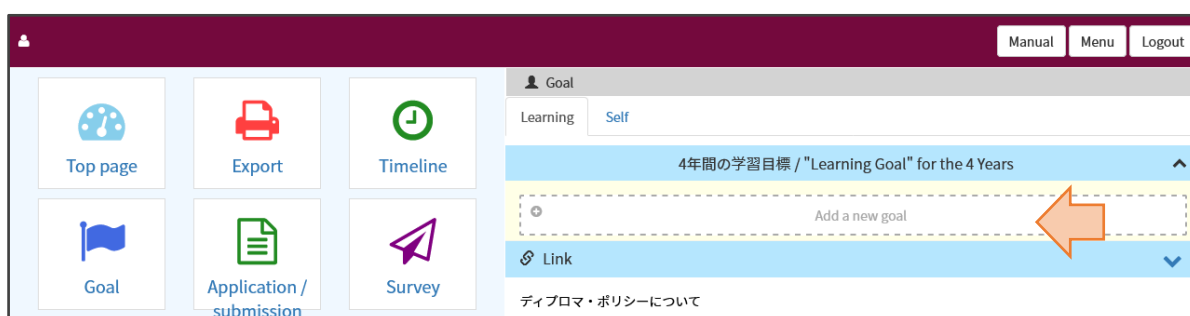
2. Log in to the "Self Learning Portfolio System." <u>Log-in information will be distributed to all students with their student ID cards on the day of the Entrance Ceremony</u>.

"Learning Goal" Assignment

3. Click on the "Goal" menu > "The beginning of the term".

4. Click on "4 年間の学修目標 / "Learning Goal" for the 4 Years" and select "Enter your self and create a new goal."

5. Type in your Learning Goal. The maximum number of letters (including spaces) is 1000. Once you complete your learning goal, you can "Add a step" to add the necessary steps toward the goal.

6. Each step needs a start date, but you do not have to be too specific at this point. For example, if "taking a Cultural Anthropology course in the 2nd year" is one of your steps toward your goal but you are unsure about which semester to take it, put a start date of "2023/04/01." This assignment aims to help you start thinking about your learning and opportunities at Sophia. We encourage you to feel free to rethink and revise your goals and steps as you proceed with your studies.
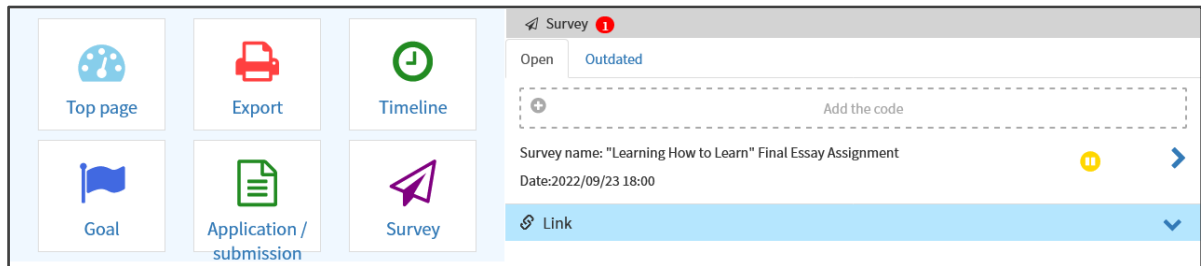

You may set a due date for each step if you prefer. You may also leave the "Interval" as 1 Day unless a specific step occurs repeatedly.
The "Add a question" function can remind you of actions associated with each step. You do not have to set it at this point, but it will be an effective tool to manage your progress throughout your university experiences at Sophia.
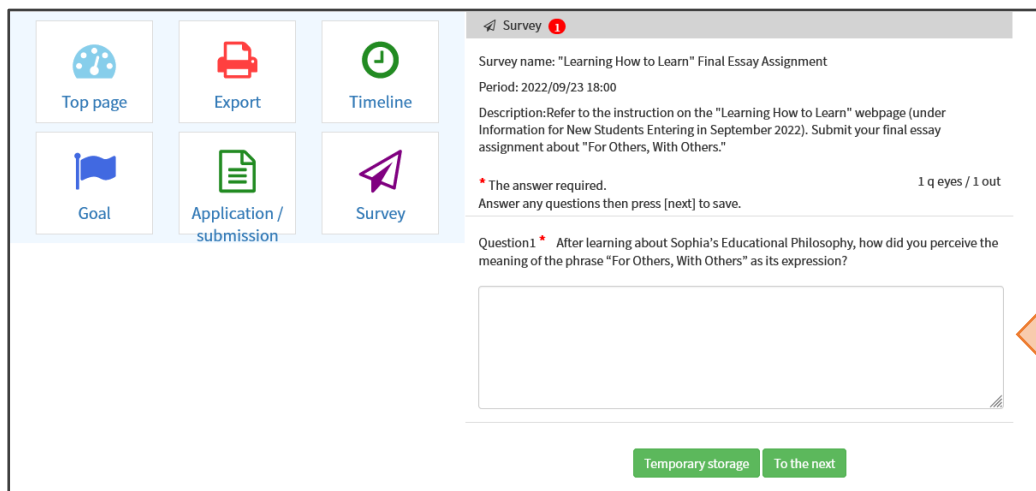
7. Once you finish registering your goal and at least three steps, you are done with this assignment. You may revise them whenever you would like.
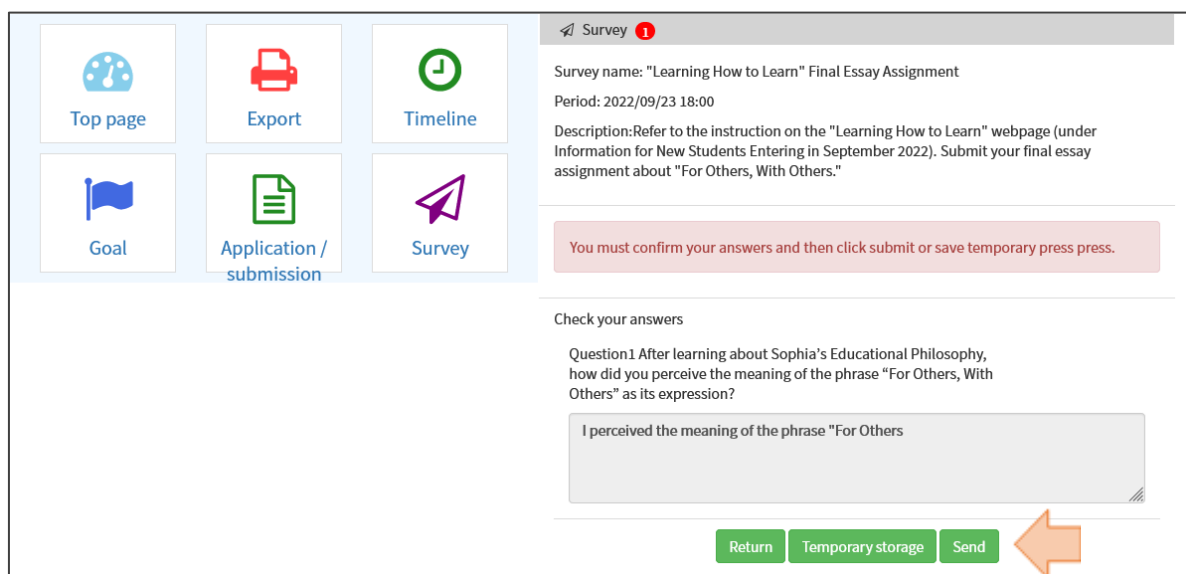
Essay Assignment

8. Go back to the top page and click "Survey." The "Learning How to Learn" Final Essay Assignment is in the "Open" tab. Click on the survey link.

9. You will find the essay question and a text box. Copy and paste your essay text from the Word document into the box.

10. After entering the essay text in the box, proceed to the next and click on the "Send" button. Now you have completed the course. **Congratulations!**

Note:

If your page shows two survey links, in English and Japanese, submit your essay through only one. If you are a student of the Faculty of Liberal Arts, SPSF, or FST English Courses, please choose English. You do not need to re-submit if you have already submitted through the Japanese survey.